

## What is Postural Care?

An information day for family carers and personal assistants

Friday 16<sup>th</sup> May 2014 10am until 2pm

Email [Sarah@posturalcareskills.com](mailto:Sarah@posturalcareskills.com)

**Accessible venue:** Tamworth Community Fire Station, Marlborough Way, Tamworth B77 2LF

**Purpose:** This day will support family carers and personal assistants to explore the use of postural care or therapeutic positioning in a friendly, jargon free, positive way.

**The day will:**

- ✓ Help people to think about and understand how and why a person's body change shape as they grow or become less mobile
- ✓ Share other people's stories and think about the lessons we can learn from their experiences
- ✓ Share some practical ideas about how to start using postural care straight away

**Please bring along a packed lunch we will provide the tea, coffee and biscuits.**

There is no charge for this event however we do need a definite commitment from those who would like to come. If you are interested in coming and would like some further information please get in touch with Sarah who will be happy to help.

How do I book a place? Just click here and follow the instructions <http://www.posturalcareskills.com/courses/family-event/family-event>

For more information about Postural Care CIC please visit [www.posturalcareskill.com](http://www.posturalcareskill.com) or [www.mencap.org.uk/posturalcare](http://www.mencap.org.uk/posturalcare)



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